



A teen Tobacco Prevention Resource Guide from the Youth Empowerment Program: Washington State Department of Health Tobacco Prevention & Control Program; The University of Washington, Teen Futures Media Network; American Cancer Society; and the American Lung Association of Washington

## TEEN TOBACCO PREVENTION RESOURCE GUIDE

### MISSION

To increase the number of youth involved in tobacco prevention efforts across Washington State.

### ABOUT THIS GUIDE

Teen Tobacco prevention groups are listed first and are indicated with a ►. If a particular city or county does not have a tobacco prevention group then the tobacco coordinator or a school official for that county is listed.

### CONTACT US

We tried to provide the most complete and updated list of groups and contacts for you. However, we may have missed one or two. If so, please contact us and we'll add you. If you find a misprint, be sure to contact us too!

Erin Fitzgerald  
Teen Futures Media Network  
University of Washington  
Box 357925  
Seattle, WA 98195  
Phone: (206) 543-9414  
Fax: (206) 543-8480  
Email: thmedia@u.washington.edu



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## TEEN TOBACCO PREVENTION RESOURCE GUIDE

### ADAMS

Contact: Karen Potts  
Adams County Health District  
City: Ritzville  
Phone: (509) 659-3320

Contact: Marion Relp  
American Lung Association of Washington  
City: Spokane  
Phone: (509) 325-6516

Contact: Kim Pickering  
American Cancer Society  
City: Spokane  
Phone (509) 455-3440

Contact: Tricia Hughs  
ESD 101  
City: Spokane  
Phone: (509) 789-3591

### ASOTIN

Contact: Carrie Gurgel  
Asotin County Health Department  
City: Clarkston  
Phone: (509) 758-3344

Contact: Carmel Donohue  
Asotin County Health District  
City: Clarkston  
Phone: (509) 758-3344

Contact: Marion Relp  
American Lung Association of Washington  
City: Spokane  
Phone: (509) 325-6516

Contact: Kim Pickering  
American Cancer Society  
City: Spokane  
Phone (509) 455-3440

Contact: Diane Shepherd  
ESD 123  
City: Pasco  
Phone: (509) 547-8441



## TEEN TOBACCO PREVENTION RESOURCE GUIDE

### BENTON

► Group Name: SHOUT (Students Helping Others Understand Tobacco)  
Tobacco-Free Benton/Franklin Counties  
Contact: Corey Wakeley  
City: Kennewick  
Phone: (509)-374-8742

Contact: Leslie Benoit  
American Lung Association of Washington  
City: Yakima  
Phone: 509-248-4384

Contact: Sandy Wilson  
American Cancer Society  
City: Kennewick  
Phone: (509) 735-5108

Contact: Dawn Johnson  
American Heart Association  
City: Kennewick

Contact: Diane Shepherd  
ESD 123  
City: Pasco  
Phone: (509) 547-8441

### CHELAN

► Group Name: Chelan-Douglas TOGETHER  
Contact: Renee Hunter  
City: Wenatchee  
Phone: (509) 662-7201

Contact: Kay Sparks  
Chelan-Douglas Health District  
City: Wenatchee  
Phone: (509) 886-6484

Contact: Leslie Benoit  
American Lung Association of Washington  
City: Yakima  
Phone: (509) 248-4384

Contact: Kim Pickering  
American Cancer Society  
City: Spokane  
Phone (509) 455-3440



## TEEN TOBACCO PREVENTION RESOURCE GUIDE

### CHELAN (CONT.)

Contact: Michael Lynch  
ESD 171  
City: Wenatchee  
Phone: (509) 665-2631

### CLALLAM

Contact: Rachel Anderson  
Clallam County Health & Human Services Department  
City: Port Angeles  
Phone: (360) 565-2608

Contact: Cheryl McDonald  
American Lung Association of Washington  
City: Centralia  
Phone: (360) 807-0112

Contact: Kristin Schutte  
ESD 114  
City: Bremerton  
Phone: (360) 405-5833

### CLARK

► Group Name: BREATHE  
Contact: James Kissee  
City: Vancouver  
Phone: (360) 397-8214

► Group Name: TATU (Teens Against Tobacco Use)  
Contact: James Kissee  
City: Vancouver  
Phone: (360) 397-8214

► Group Name: STAND  
Contact: Maureen McDaid-Fraizer  
City: Vancouver  
School: Alki Middle School  
Phone: (360) 313-3200

► Group Name: Dry River Prevention Club  
School: Columbia River High School  
Contact: Dinah Brosius  
City: Vancouver  
Phone: (360) 313-3900



## TEEN TOBACCO PREVENTION RESOURCE GUIDE

### CLARK (CONT.)

► Group Name: Skyview Prevention Club  
School: Skyview High School  
Contact: Dinah Brosius  
City: Vancouver  
Phone: (360) 313-3900

► TATU (Teens Against Tobacco Use)  
Contact: Diana Nulliner  
School: Battleground School District  
City: Battleground  
Phone: (360) 885-6579

► TATU (Teens Against Tobacco Use)  
Contact: Annie Voakes  
School: Washougal High School  
City: Washougal  
Phone: (360) 954-3100 x3113

► TATU (Teens Against Tobacco Use)  
Contact: Shannon Lwai  
School: La Center High School  
City: La Center  
Phone: (360) 263-1770

► TATU (Teens Against Tobacco Use)  
Contact: LaMont Woods  
School: Ridgefield High School  
City: Ridgefield  
Phone: (360) 887-0220

► TATU (Teens Against Tobacco Use)  
Contact: Fae Jackson  
School: Hudson's Bay High School  
City: Vancouver  
Phone: (360) 313-4400

► TATU (Teens Against Tobacco Use)  
Contact: Glenn Hartman  
School: Camas High School  
City: Camas  
Phone: (360) 817-4441

► TATU (Teens Against Tobacco Use)  
Contact: Marty Maharg  
School: Fort Vancouver High School  
City: Vancouver  
Phone: (360) 313-4008



## TEEN TOBACCO PREVENTION RESOURCE GUIDE

### CLARK (CONT.)

► TATU (Teens Against Tobacco Use)  
Contact: Pat Orr  
School: Evergreen High School  
City: Vancouver  
Phone: (360) 604-3701

Contact: Therese Falkner  
Southwest Regional Health District  
City: Vancouver  
Phone: (360) 397-8215

Contact: Cheryl McDonald  
American Lung Association of Washington  
City: Centralia  
Phone: (360) 807-0112

Contact: Erin Wilson  
American Cancer Society  
City: Portland, Oregon  
Phone: (503) 295-6422

Contact: Paul Davis  
ESD 112  
City: Vancouver  
Phone: (360) 750-7500

### COLUMBIA

Contact: Vicki Hodgson  
Columbia County Public Health District  
City: Dayton  
Phone: (509) 382-2181

Contact: Cheryl McDonald  
American Lung Association of Washington  
City: Centralia  
Phone: (360) 807-0112

Contact: Marion Relp  
American Lung Association of Washington  
City: Spokane  
Phone: (509) 325-6516

Contact: Sandy Wilson  
American Cancer Society  
City: Kennewick  
Phone: (509) 735-5108



## TEEN TOBACCO PREVENTION RESOURCE GUIDE

### COLUMBIA (CONT.)

Contact: Catherine Altenon  
Columbia County Action Committee  
City: Dayton  
Phone: (509) 382-2527

Contact: Diane Shepherd  
ESD 123  
City: Pasco  
Phone: (509) 547-8441

### COWLITZ

► Group Name: SLAAM (Student Leaders Advocating Anti-Tobacco Messages)  
Contact: Shellee Brassard  
City: Kelso  
Phone: (360) 442-2841

► Group Name: SADD (Students Against Destructive Decisions)  
School: Kelso High School/ Kalama High School  
Contact: Kara Seaman  
Phone: (360) 501-1800

► Group Name: Cowlitz Substance Abuse Coalition  
Contact: Shannon Lenhard  
City: Kelso  
Phone: (360) 577-3041

Contact: Cheryl McDonald  
American Lung Association of Washington  
City: Centralia  
Phone: (360) 807-0112

Contact: Erin Wilson  
American Cancer Society  
City: Portland, Oregon  
Phone: (503) 295-6422

Contact: Paul Davis  
ESD 112  
City: Vancouver  
Phone: (360) 750-7500

### DOUGLAS

► Group Name: Chelan-Douglas TOGETHER  
Contact: Renee Hunter  
City: Wenatchee  
Phone: (509) 662-7201



## TEEN TOBACCO PREVENTION RESOURCE GUIDE

### DOUGLAS (CONT.)

Contact: Kay Sparks  
Chelan-Douglas Health District  
City: Wenatchee  
Phone: (509) 886-6484

Contact: Leslie Benoit  
American Lung Association of Washington  
City: Yakima  
Phone: (509) 248-4384

Contact: Kim Pickering  
American Cancer Society  
City: Spokane  
Phone: (509) 455-3440

Contact: Michael Lynch  
ESD 171  
City: Wenatchee  
Phone: (509) 665-2631

### FERRY

Contact: Tricia Hughs  
ESD 101  
City: Spokane  
Phone: (509) 789-3591

### FRANKLIN

► Group Name: SHOUT (Students Helping Others Understand Tobacco)  
Tobacco-Free Benton/Franklin  
Contact: Corey Wakely  
Phone: (509)-374-8742

Contact: Leslie Benoit  
American Lung Association of Washington  
City: Yakima  
Phone: (509) 248-4384

Contact: Sandy Wilson  
American Cancer Society  
City: Kennewick  
Phone: (509) 735-5108

Contact: Dawn Johnson  
American Heart Association  
City: Kennewick  
Phone: (509) 582-9001



## TEEN TOBACCO PREVENTION RESOURCE GUIDE

### FRANKLIN (CONT.)

Contact: Diane Shepherd  
ESD 123  
City: Pasco  
Phone: (509) 547-8441

### GARFIELD

Contact: Rachel Gwinn  
Garfield County Health District  
City: Pomeroy  
Phone: (509) 843-3412

Contact: Marion Relp  
American Lung Association of Washington  
City: Spokane  
Phone: (509) 325-6516

Contact: Mary Kibbe  
American Cancer Society  
City: Spokane  
Phone: (509) 455-3440

Contact: Diane Shepherd  
ESD 123  
City: Pasco  
Phone: (509) 547-8441

### GRANT

Contact: Leslie Benoit  
American Lung Association of Washington  
City: Yakima  
Phone: (509) 248-4384

Contact: Cynthia Swan  
ESD 171 – Tobacco Coordinator  
City: Moses Lake  
Phone: (509) 766-2662

Contact: Mike Lynch  
ESD 171  
City: Wenatchee  
Phone: (509) 665-2610

Contact: Kim Pickering  
American Cancer Society  
City: Spokane  
Phone: (509) 455-3440



## TEEN TOBACCO PREVENTION RESOURCE GUIDE

### GRANT (CONT.)

Contact: Alana Tebow  
Grant County Health District  
City: Ephrata  
Phone: (509) 754-6060

### GRAYS HARBOR

Contact: Pat Meldrich  
Grays Harbor Health Department  
City: Aberdeen  
Phone: (360) 532-8665

Contact: Cheryl McDonald  
American Lung Association of Washington  
City: Centralia  
Phone: (360) 807-0112

Contact: Sarah Miller  
American Cancer Society  
City: Tacoma  
Phone: (253) 272-5767

Contact: Rob Vincent  
ESD 113  
City: Olympia  
Phone: (360) 586-4037

### ISLAND

Contact: Sandy Aikins  
Island County Health Department  
City: Coupeville  
Phone: (360) 679-7350 x7461

Contact: Lyndie Case  
ESD 189  
City: Mt. Vernon  
Phone: (360) 416-2330

Contact: Kim Burkey  
American Lung Association of Washington  
City: Seattle  
Phone: (206) 441-3277

Contact: Mandy Eberts  
American Cancer Society  
City: Everett  
Phone: (425) 741-8949



## TEEN TOBACCO PREVENTION RESOURCE GUIDE

### JEFFERSON

Contact: Cheryl McDonald  
American Lung Association of Washington  
City: Centralia  
Phone: (360) 807-0112

Contact: Sarah Miller  
American Cancer Society  
City: Tacoma  
Phone: (253) 272-5767

Contact: Kellie Ragan  
Jefferson County Health & Human Services  
City: Port Townsend  
Phone: (360) 385-9400

Contact: Kristin Schutte  
ESD 114  
City: Bremerton  
Phone: (360) 405-5833

### KING

► Group Name: Redmond Youth Partnership  
Contact: Teresa Nero  
City: Redmond  
Phone: (425) 556-0421

► East King County Tobacco Youth Coalition  
Contact: Jennifer Velotta  
City: Seattle  
Phone: (206) 722-4222

► West King County Tobacco Youth Coalition  
Contact: Jennifer Velotta  
City: Seattle  
Phone: (206) 722-4222

► Kent Police Game of Life Youth Board/ South King County Tobacco Youth Coalition  
Contact: Stacy Judd  
City: Kent  
Phone: (253-) 856-5883

► Group Name: Kirkland Youth Council  
Contact: Regula Schubiger  
City: Kirkland  
Phone: (425) 803-2830



## TEEN TOBACCO PREVENTION RESOURCE GUIDE

### KING (CONT.)

Contact: Scott Neal  
Public Health Seattle King County  
City: Seattle  
Phone: (206) 296-7613

Contact: Kim Burkey  
American Lung Association of Washington  
City: Seattle  
Phone: (206) 441-3277

Contact: Mandy Eberts  
American Cancer Society  
City: Everett  
Phone: (425) 741-8949

Contact: Colin James  
Public Health Seattle King County  
City: Seattle  
Phone: (206) 296-7613

### KITSAP

►Group Name: S.T.A.N.D. (Stop Tobacco Addiction Now Do It!)  
Contact: Shelley Smith-Rose  
City: Bremerton  
Phone: (360) 337-5235

►Group Name: TATU (Teens Against Tobacco Use)  
Contact: Shelley Smith-Rose  
City: Bremerton  
Phone: (360) 337-5235

►Group Name: Bremerton S.A.D.D. (Students Against Destructive Decisions)  
School: North Kitsap High School  
Contact: Joanne Salwei  
Phone: (360) 598-8531

Contact: Doris Ahrens  
North Kitsap High School  
City: Poulsbo  
Phone: (360) 598- 8404

Contact: JoAnn Salwei  
North Kitsap High School  
City: Poulsbo  
Phone: (360) 598- 8404

Contact: Melinda Harmon  
Kitsap County Health District  
City: Bremerton  
Phone: (360) 337-5235



## TEEN TOBACCO PREVENTION RESOURCE GUIDE

### KITSAP (CONT.)

Contact: Kim Burkey  
American Lung Association of Washington  
City: Seattle  
Phone: (206) 441-3277

Contact: Sarah Miller  
American Cancer Society  
City: Tacoma  
Phone: (253) 272-5767

Contact: Kristin Schutte  
ESD 114  
City: Bremerton  
Phone: (360) 405-5833

### KITTITAS

Contact: Sandy Wilson  
American Cancer Society  
City: Kennewick  
Phone: (509) 737-9702

Contact: Leslie Benoit  
American Lung Association of Washington  
City: Yakima  
Phone: (509)248-4384

Contact: Ann Riley  
Kittitas County Health Department  
City: Ellensburg  
Phone: (509) 962-7003

Contact: Sarah Bedsaul  
Kittitas County Health Department  
City: Ellensburg  
Phone: (509) 962-7680

### KLICKITAT

►Group Name: Goldendale High School Awareness Boosters  
Klickitat County Health Department  
Contact: Stacy Doss  
City: White Salmon  
Phone: (509) 493-6243

Contact: Leslie Benoit  
American Lung Association of Washington  
City: Yakima  
Phone: 509-248-4384



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### Klickitat (CONT.)

Contact: Mary Kibbe  
American Cancer Society  
City: Spokane  
Phone: (509) 455-3440

Contact: Susan Martin  
ESD 105  
City: Yakima  
Phone: (509) 575-2885

### Lewis

Contact: Carl Erickson  
Lewis County Social Services  
City: Chehalis  
Phone: (360) 740-1489

Contact: Sarah Miller  
American Cancer Society  
City: Tacoma  
Phone: (253) 272-5767

Contact: Cheryl McDonald  
American Lung Association of Washington  
City: Centralia  
Phone: (360) 807-0112

Contact: Rob Vincent  
ESD 113  
City: Olympia  
Phone: (360) 586-4037

### Lincoln

Contact: Susan Boyk  
Lincoln County Health Department  
City: Davenport  
Phone: (509) 725-1001

Contact: Marion Relp  
American Lung Association of Washington  
City: Spokane  
Phone: (509) 325-6516

Contact: Mary Kibbe  
American Cancer Society  
City: Spokane  
Phone: (509) 455-3440



## TEEN TOBACCO PREVENTION RESOURCE GUIDE

### Lincoln (CONT.)

Contact: Tricia Hughs  
ESD 101  
City: Spokane  
Phone: (509) 789-3591

### Mason

Contact: Mary Dussol  
Mason County Health Department  
City: Shelton  
Phone: (360) 427-9670

Contact: Sarah Miller  
American Cancer Society  
City: Tacoma  
Phone: (253) 272-5767

Contact: Cheryl McDonald  
American Lung Association of Washington  
City: Centralia  
Phone: (360) 807-0112

Contact: Rob Vincent  
ESD 113  
City: Olympia  
Phone: (360) 586-4037

### Okanogan

► Group Name: Oroville Prevention Team  
Contact: Ramie Hansen  
City: Orville  
Phone: (509) 476-3332

Contact: Charlene Cardoza  
ESD 171 – Tobacco Coordinator  
City: Brewster  
Phone: (509) 689-3440

Contact: Leslie Benoit  
American Lung Association of Washington  
City: Yakima  
Phone: 509-248-4384

Contact: Kim Pickering  
American Cancer Society  
City: Spokane  
Phone: (509) 455-3440



## TEEN TOBACCO PREVENTION RESOURCE GUIDE

### OKANOGAN (CONT.)

Contact: Madge Vandervort  
Okanogan County Health District  
City: Okanogan  
Phone: (509) 422-7156

Contact: Mike Lynch  
ESD 171  
City: Wenatchee  
Phone: (509) 665-2610

### PACIFIC

Contact: Cheryl McDonald  
American Lung Association of Washington  
City: Centralia  
Phone: (360) 807-0112

Contact: Kathy Spoor  
Pacific County Health & Human Services  
City: South Bend  
Phone: (360) 875-9343

Contact: Sarah Miller  
American Cancer Society  
City: Tacoma  
Phone: (253) 272-5767

Contact: Rob Vincent  
ESD 113  
City: Olympia  
Phone: (360) 586-4037



### PEND OREILLE

►Group Name: Teens Against Tobacco Use (TATU)  
School: Newport High  
Contact: Harvey Burman  
Phone: (509) 447-0656 x1512

Contact: Marion Relp  
American Lung Association of Washington  
City: Spokane  
Phone: (509) 325-6516

Contact: Mary Kibbe  
American Cancer Society  
City: Spokane  
Phone: (509) 455-3440

## TEEN TOBACCO PREVENTION RESOURCE GUIDE

### PEND OREILLE (CONT.)

Contact: Tricia Hughs  
ESD 101  
City: Spokane  
Phone: (509) 789-3591

Contact: Angie Jones  
Northeast Tri-County Health District  
City: Colville  
Phone: (509) 684-5048

Contact: Darlene Zacherle  
Colville Confederated Tribes  
City: Nespelem  
Phone: (509) 634-2938

### PIERCE

►Group Name: Pierce County LITE  
Contact: George Hermosillo  
City: Tacoma  
Phone: (253) 798-7664

Contact: Cheryl McDonald  
American Lung Association of Washington  
City: Centralia  
Phone: (360) 807-0112

Contact: Sarah Miller  
American Cancer Society  
City: Tacoma  
Phone: (253) 272-5767

### SKAGIT

►Group Name: H.E.A.T.  
Contact: Carol Hawk  
City: Mount Vernon  
Phone: (360) 856-7383

Contact: Kim Burkey  
American Lung Association of Washington  
City: Seattle  
Phone: (206) 441-3277

Contact: Mandy Eberts  
American Cancer Society  
City: Everett  
Phone: (425) 741-8949



## TEEN TOBACCO PREVENTION RESOURCE GUIDE

### SKAGIT (CONT.)

Contact: Lyndie Case  
ESD 189  
City: Mt. Vernon  
Phone: (360) 416-2330

### SKAMANIA

► Group Name: Stevenson High School Natural Helpers  
School: Stevenson High School  
Contact: Heather Hoffberger  
City: Stevenson  
Phone: (509) 427-5631

► Group Name: TATU (Teens Against Tobacco Use)  
Contact: James Kissee  
City: Vancouver  
Phone: (360) 397-8214

Contact: Cheryl McDonald  
American Lung Association of Washington  
City: Centralia  
Phone: (360) 807-0112

Contact: Erin Wilson  
American Cancer Society  
City: Portland, Oregon  
Phone: (503) 395-6422

Contact: Paul Davis  
ESD 112  
City: Vancouver  
Phone: (360) 750-7500



### SNOHOMISH

Contact: Eloise Gray  
Snohomish Health District  
City: Everett  
Phone: (425) 339-5230

Contact: Kim Burkey  
American Lung Association of Washington  
City: Seattle  
Phone: (206) 441-3277

Contact: Mandy Eberts  
American Cancer Society  
City: Everett  
Phone: (425) 741-8949

## TEEN TOBACCO PREVENTION RESOURCE GUIDE

### SNOHOMISH (CONT.)

Contact: Lyndie Case  
ESD 189  
City: Mt. Vernon  
Phone: (360) 416-2330

Contact: Cheryl Combest  
Snohomish Health District  
City: Everett  
Phone: (425) 339-8680

Contact: Mandi George  
Snohomish Health District  
City: Everett  
Phone: (425) 339-5279

Contact: Patrice Van Duine  
Edmonds School District  
City: Lynnwood  
Phone: (425) 670-7311

### SPOKANE

► Group Name: STAT (Spokane Teens Against Tobacco)  
Contact: Travis Terry  
Spokane Regional Health District  
City: Spokane  
Phone: (509) 324-1504

► Group Name: STAT (Spokane Teens Against Tobacco)  
Contact: Jennifer Polello  
Spokane Regional Health District  
City: Spokane  
Phone: (509) 324-1553

► Group Name: S.A.D.D (Students Against Destructive Decisions)  
Contact: Chrisy Riddle  
City: Spokane  
Phone: (509) 228-5178

Contact: Marion Relp  
American Lung Association of Washington  
City: Spokane  
Phone: (509) 325-6516

Contact: Kim Pickering  
American Cancer Society  
City: Spokane  
Phone: (509) 455-3440



## TEEN TOBACCO PREVENTION RESOURCE GUIDE

### SPOKANE (CONT.)

Contact: Tricia Hughs  
ESD 101  
City: Spokane  
Phone: (509) 789-3591

### STEVENS

Contact: Marion Relph  
American Lung Association of Washington  
City: Spokane  
Phone: (509) 325-6516

Contact: Kim Pickering  
American Cancer Society  
City: Spokane  
Phone (509) 455-3440

Contact: Tricia Hughs  
ESD 101  
City: Spokane  
Phone: (509) 789-3591

Contact: Darlene Zacherle  
Colville Confederated Tribes  
City: Nespelem  
Phone: (509) 634-2938

Contact: Angie Jones  
Northeast Tri-County Health District  
City: Colville  
Phone: (509) 684-5048

### THURSTON

►Group Name: SPLAT!/Tobacco Free Thurston County (Students Protesting Lies About Tobacco)

Contact: Heather Siemers  
City: Lacey  
Phone: (360) 493-2230 x19

Contact: Cheryl McDonald  
American Lung Association of Washington  
City: Centralia  
Phone: (360) 807-0112

Contact: Sarah Miller  
American Cancer Society  
City: Tacoma  
Phone: (253) 272-5767



## TEEN TOBACCO PREVENTION RESOURCE GUIDE

### THURSTON (CONT.)

Contact: Diana Johnson  
Thurston County Health Department  
City: Olympia  
Phone: (360) 786-5581

Contact: Rob Vincent  
ESD 113  
City: Olympia  
Phone: (360) 586-4037

### WAHIAKUM

►Group Name: TOWN (Tobacco's Own Worst Nightmare)

Contact: Linda Hartung  
City: Cathlamet  
Phone: (360) 795-8630

Contact: Cheryl McDonald  
American Lung Association of Washington  
City: Centralia  
Phone: (360) 807-0112

Contact: Erin Wilson  
American Cancer Society  
City: Portland, Oregon  
Phone: (503) 295-6422

Contact: Paul Davis  
ESD 112  
City: Vancouver  
Phone: (360) 750-7500

### WALLA WALLA

Contact: Susann Bassham  
Walla Walla Health Department  
City: Walla Walla  
Phone: (509) 527-3290

Contact: Caroline Padilla  
Walla Walla Health Department  
City: Walla Walla  
Phone: (509) 527-3290

Contact: Marion Relph  
American Lung Association of Washington  
City: Spokane  
Phone: (509) 325-6516



## TEEN TOBACCO PREVENTION RESOURCE GUIDE

### WALLA WALLA (CONT.)

Contact: Sandy Wilson  
American Cancer Society  
City: Kennewick  
Phone: (509) 735-5108

Contact: Diane Shepherd  
ESD 123  
City: Pasco  
Phone: (509) 547-8441

Contact: Stan Ledington  
Walla Walla General Hospital  
City: Walla Walla  
Phone: (509) 527-8193

### WHATCOM

► Group Name: SWAT (Students of Whatcom Against Tobacco)  
Contact: Alyssa Hammer  
City: Bellingham  
Phone: (360) 676-6829

Contact: Kim Burkey  
American Lung Association of Washington  
City: Seattle  
Phone: (206) 441-3277

Contact: Mandy Eberts  
American Cancer Society  
City: Everett  
Phone: (425) 741-8949

Contact: Lyndie Case  
ESD 189  
City: Mt. Vernon  
Phone: (360) 416-2330

### WHITMAN

Contact: Tricia Hughs  
ESD 101  
City: Spokane  
Phone: (509) 789-3591

Contact: Marion Relp  
American Lung Association of Washington  
City: Spokane  
Phone: (509) 325-6516



## TEEN TOBACCO PREVENTION RESOURCE GUIDE

### WHITMAN (CONT.)

Contact: Kim Pickering  
American Cancer Society  
City: Spokane  
Phone: (509) 455-3440

Contact: Jackie Klossner  
Whitman County Public Health  
City: Colfax  
Phone: (509) 397-6280

### YAKIMA

► Group Name: Yakima Substance Abuse Coalition  
Contact: Steve Magallan  
City: Yakima  
Phone: (509) 575-6114

► Group Name: Youth Program Coalition  
Contact: Carlos Maya  
City: Sunnyside  
Phone: (509) 837-2275

► Group Name: Migrant Youth  
Contact: David Rodriguez  
City: Sunnyside  
Phone: (509) 836-7500

Contact: Leslie Benoit  
American Lung Association of Washington  
City: Yakima  
Phone: (509) 248-4384

Contact: Sandy Wilson  
American Cancer Society  
City: Kennewick  
Phone: (509) 735-5108

Contact: Susan Martin  
ESD 105  
City: Yakima  
Phone: (509) 575-2885



## WASHINGTON STATE TOBACCO PREVENTION TRIBAL CONTACTS

Chehalis  
Contact: John Mackey  
City: Oakville  
Phone: (360) 273-5595

Colville Confederated Tribes  
Contact: Darlene Zacherle  
City: Nespelam  
Phone: (509) 634-2938

Jamestown S'Kallam Tribe  
Contact: Kim Kettel  
City: Sequim  
Phone: (360) 681-3417

Lower Elwha Klallam Tribe  
Contact: Sue Hynes  
City: Port Angeles  
Phone: (360) 452-8471

Lummi Nation  
Contact: Kathy Charles  
City: Bellingham  
Phone: (360) 384-0464

Makah Tribe  
Contact: Andrew Winck  
City: Neah Bay  
Phone: (360) 645-3297

Noosak Tribe  
Contact: Judith Leyva  
City: Deming  
Phone: (360) 592-4081

Port Gamble S'Klallam Tribe  
Contact: Chris Zipperer  
City: Kingston  
Phone: (360) 297-6265

Puyallup Tribe  
Contact: Nancy McKindsey  
City: Tacoma  
Phone: (253) 593-0232



## WASHINGTON STATE TOBACCO PREVENTION TRIBAL CONTACTS (CONT.)

Quileute Tribe  
Contact: Sharon Penn  
City: La Push  
Phone: (360) 374-4306

Quinalt Tribe  
Contact: Anrew Awoniyi  
City: Taholah  
Phone: (360) 856-7383

Samish Tribe  
Contact: Susan Dunthorne  
City: Anacortes  
Phone: (360) 293-6416

Sauk Suiattle Tribe  
Contact: Norma Joseph  
City: Darrington  
Phone: (360) 436-1124

Shoalwater Bay Tribe  
Contact: Marcia Crane  
City: Tokeland  
Phone: (800) 633-5218

Skokomish Tribe  
Contact: Marcia Crane  
City: Shelton  
Phone: (360) 426-7788

Snoqualmie Tribe  
Contact: Marie Ramirez  
City: Carnation  
Phone: (425) 222-6900

Spokane Tribe  
Contact: Julie Havens  
City: Wellpinit  
Phone: (509) 258-7502

Squaxin Island Tribe  
Contact: Michelle Wiley  
City: Shelton  
Phone: (360) 701-1596



## WASHINGTON STATE TOBACCO PREVENTION TRIBAL CONTACTS (CONT.)

Stellagumish Tribe  
Contact: Tom Ashley  
City: Arlington  
Phone: (360) 435-9338

Suquamish Tribe  
Contact: Linda Holt  
City: Suquamish  
Phone: (360) 394-5286

Swinomish Tribe  
Contact: Barbara James  
City: LaConner  
Phone: (360) 466-7202

Upper Skagit Tribe  
Contact: Jessica Ingram  
City: Sedro Woolley  
Phone: (360) 856-3570

Yakima Tribe  
Contact: Joyce Redhunder  
City: Toppenish  
Phone: (509) 865-5121



## DON'T SEE A TOBACCO PREVENTION GROUP LISTED IN YOUR AREA? FOLLOW THESE SIMPLE STEPS TO START YOUR OWN GROUP

- **Decide what you are concerned about**
  - Brainstorm what it is that you want to accomplish. For example, are you concerned about kids being exposed to second hand smoke? Or are you concerned about retailers in your community selling cigarettes to minors?
- **Think about the ideal solution for your problem**
  - Once you know what you want to accomplish, it's important to know how to go about achieving it. Decide on some action steps.
- **List some obstacles you might think might stand in your way**
  - Examples might include lack of funding, encountering people who aren't interested in your concern, or uncertainty about achieving your goals.
- **Start recruiting members for your group.**
  - Choose an adult partner
  - Find other like-minded people who share your concern
  - Develop a flyer or poster that is teen-friendly to help with recruitment.
  - Recruit members from schools, churches, community groups, etc.
- **Getting organized & focused**
  - Decide on a name for your group
  - Develop a mission statement for your group
- **Your first official meeting**
  - Develop an agenda
  - Set a time, date, and a location to meet
  - Develop a contact list of everyone in your group
  - Come up with the basics (Define what it is you are going to do, things you want to accomplish, possible activities to help you accomplish your goals, etc.)
- **Skills & Training**
  - Determine individual strengths and areas that need work
  - Spend time developing your group as a team -- get to know each other!
  - Get training from other members of the group or adults in your community
- **Start doing things**
  - Yes, this means work, but it will be fun and will bring one step closer to reaching the goals of the group.
  - Get some press -- be sure your group gets recognized for their work in the community.
- **Reward yourself!**
  - Make sure your group makes time to recognize its success and victories. This will keep momentum going...and going...and going...

## TOBACCO PREVENTION WEB RESOURCES

## WASHINGTON STATE

**AMERICAN CANCER SOCIETY (<http://www.cancer.org/>)**

The American Cancer Society (ACS) is a nationwide community-based volunteer health organization that engages youth through its Speak Out! Youth Initiative project. The Speak Out! Youth Initiative provides youth, and the adults who support them, with training and opportunities to influence real-world issues that make a difference in saving lives. Speak Out! Youth help kick tobacco to the curb through a variety of leadership opportunities.

**AMERICAN LUNG ASSOCIATION OF WASHINGTON (<http://alaw.org>)**

The American Lung Association of Washington fights lung disease in all its forms, with special emphasis on asthma, tobacco control and environmental health. ALA also works with youth on Teens Against Tobacco Use (TATU), a peer-teaching tobacco prevention program aimed at youth and Not On Tobacco (N-O-T), a smoking cessation program for teens.

**OUTRAGE AVENUE (<http://www.outrageavenue.com/>)**

Take a ride and explore the Washington State Department of Health's youth tobacco prevention Web site. While there, watch Unfiltered, the Web-based reality show, that brings together five tobacco-using teens from across Washington state for an adventure filled weekend in Seattle. The catch? They have to kick their tobacco habits cold turkey.

**TEEN HEALTH AND THE MEDIA (<http://www.teenhealthandthemedial.org>)**

Teen Futures Media Network at the University of Washington and the Washington State Department of Health have joined forces to provide excellent resources for teens that focus on teen health issues, particularly in the context of media. For example, teens visiting the site learn how the tobacco industry targets them through advertising and sports sponsorship, as well as how they can make their own media messages about violence prevention and abstinence.

**TOBACCO FREE BENTON-FRANKLIN COUNTIES (<http://www.tobacco-free.net/>)**

Visit the Tobacco Free Benton-Franklin Counties Web site to find out what is happening concerning tobacco prevention in Benton and Franklin counties. Also, visitors can meet the staff and youth can learn how to join SHOUT (Students Helping Others Understand Tobacco), a teen tobacco prevention group.

**TOBACCO FREE SKAGIT (<http://www.tobaccofreeskagit.org/>)**

While visiting this informative Web site, you will learn about upcoming tobacco prevention/cessation events happening in Skagit County, as well as the names and locations of smoke-free restaurants in the area. Be sure to visit the youth-developed HEAT section of the Web site to learn about the local youth tobacco prevention coalition.

**WASHINGTON STATE DEPARTMENT OF HEALTH (<http://www.doh.wa.gov/tobacco>)**

The Washington State Department of Health was formed in 1989 as Washington State's agency responsible for preserving public health. The agency carries this mission out through monitoring health care costs, maintaining minimal standards for quality health care delivery, and planning activities related to the health of its citizens.

## NATIONAL

**ADBUSTERS/MEDIA FOUNDATION (<http://www.adbusters.org>)**

Located in Vancouver BC, Canada, Adbusters is concerned about the erosion of our physical and cultural environments by commercial forces. They publish Adbusters magazine, which examines the impact of media on society. Their anti-ads and uncommercials have become famous.

**ADFLIP (<http://www.adflip.com>)**

The Adflip Web site provides a huge database of advertisements dating back to the 1940s. Advertisements can be printed. There is a large selection of current and early tobacco advertisements.

**AMERICAN LEGACY FOUNDATION (<http://www.americanlegacy.org>)**

The American Legacy Foundation is a national, independent health organization established by the 1998 tobacco settlement to challenge tobacco use in the United States. Legacy initiated a tobacco prevention program aimed at youth known as TRUTH.

**JOE CHEMO (<http://www.joechemo.org>)**

A fun, yet informative Web site featuring everyone's favorite tobacco prevention character, Joe Chemo. At this Web site you will can get statistics about the Joe Camel advertising campaign, take an online survey to test your tobacco IQ, and send a Joe Chemo E-Card to your friends and family.

**JEFFREY WIGAND PH.D. – THE INSIDER (<http://www.jeffreywigand.com/insider/>)**

The 1999 film, The Insider, documents Dr. Jeffrey Wigand's experiences as a former tobacco company researcher who made headlines after he exposed the corruption of his former employer. This site offers audio and video clips of Dr. Wigand's interviews and gives information regarding his new profession, educating kids about the dangers of tobacco.

**INFACT (<http://www.infact.org>)**

Started in 1971, Infact is a national grassroots organization. Infact is best known for its successful Nestle and GE Boycott Campaigns, and its new film Making a Killing, a documentary showcasing how tobacco giant Philip Morris has conspired to hook children on tobacco and keep governments from protecting public health on an international level.

**SMOKE FREE MOVIES (<http://smokefreemovies.ucsf.edu/>)**

This Web site offers information about smoking in movies, listing of actors who smoke in movies, and secret documents revealing actors who received payment for smoking in movies.

**THE SIMPSON SMOKING ARCHIVE (<http://www.snpp.com/guides/smoking.simpsons.html>)**

An up-to-date listing of Simpson episodes that contained smoking or smoking references.

**NATIONAL CENTER FOR TOBACCO FREE KIDS (<http://www.tobaccofreekids.org/>)**

This non-government-based initiative has a section dedicated to tobacco marketing and kids. It also contains links and information about all the current issues in the fight against tobacco. Don't forget to order their free Kick Butts Day activity guide as it is full of tobacco activism ideas for kids.



## TEEN TOBACCO PREVENTION RESOURCE GUIDE

### **NEW MEXICO MEDIA LITERACY PROJECT (NMMLP) (<http://www.medialiteracyusa.org/>)**

This grassroots, non-profit organization has been recognized nationally for its work in media literacy, particularly in tobacco prevention. The site contains a list of available resources, including two CD-ROMs and curriculum materials, as well as deconstruction examples and other free information.

### **SLAM! (<http://www.slammusic.com>)**

This 15-minute video presents the compelling story of a courageous woman who stood up to the tobacco industry by creating an anti-tobacco music movement.

### **STAY FREE MAGAZINE (<http://www.stayfreemagazine.org>)**

Stayfree is both an online and print magazine that uncovers and critiques the ubiquity of advertising in our culture. The magazine frequently features critiques of the tobacco industry.

### **TOBACCO BBS (<http://www.tobacco.org/>)**

Tobacco BBS is a free resource center focusing on tobacco and smoking issues, including issues concerning youth. The site features comprehensive tobacco news, information, and alerts on tobacco control issues.

### **TRUTH CAMPAIGN (<http://www.thetruth.com>)**

This campaign, started in Florida and funded by the American Legacy Foundation, seeks to reduce teen smoking through powerful advertisements and youth involvement. Designed to be appealing to youth, it contains information about tobacco companies and ways that students can take action.

**Did we forget your Web site? Or do you  
know of one that we should add? Let us know!**

**Email: [thmedia@u.washington.edu](mailto:thmedia@u.washington.edu)**

